

The Journey

DC LEISURE
Developing Community Leisure

Your guide to health and fitness 2009 - 2010



FREE 7 DAY GYM PASS

At your local Leisure Centre. Includes Gym, Workout Classes and Swimming**

Find your nearest centre in our directory on the back page. Call today to start your free week of fitness. Conditions apply...see below*

Start your journey today and change your life!

We are all aware of the importance of a healthy diet and active lifestyle, but it's not always easy to find time in our hectic schedules for it.

With all of the different healthy living and dieting information around, it can be difficult to choose which suits you best. The advice from the experts is to follow a healthy diet, take part in regular physical activity and maintain a healthy weight. This results in you enjoying a wide variety of foods, taking part in enjoyable activities and staying healthy! Our fitness team at kinetika are on hand to guide you through the best type of activity and help keep you motivated to achieve your goals.

With 78 kinetika gyms throughout England, help is at hand to begin your journey to a new fitter, healthier lifestyle. The staff at our gyms are specifically trained to deliver the 4-6 week kinetika journey programme to help you achieve your goals. During your journey you will be given your own personal exercise plan and will also receive five training sessions with one of our instructors and get the support, help and guidance that you need.

Many people have enjoyed great results following the kinetika journey, such as Mel Pearson who has lost an amazing ten and a half stone working out in her kinetika gym at the Arena Leisure Centre in Camberley, Surrey.

Another customer who has noticed a difference is Tom Luffman from Fleming Park Leisure Centre in Eastleigh, Hampshire. Tom was overweight and had high blood pressure so he began his kinetika journey, "I was nervous at the first appointment, but there was no need to be as I was made to feel relaxed and at ease. The kinetika journey really helped me as I found it incredibly motivating and inspired me to keep attending."

We are also offering a SEVEN-day gym pass that will allow you to try out the gyms in any of our centres FREE of charge.

Don't put it off any longer. Contact your local centre, which is listed overleaf, and book your free week of fitness for the first step to a healthier and happier you!

Being a kinetika member has changed my life

Fran Harvey, is currently training for a marathon. Nothing particularly surprising for a young man in his early 20s, except that 18 months ago, Fran was 19 stone, his diet was poor and he was doing virtually no exercise.

He says: "My lifestyle was terrible. I was really lazy and eating all the wrong foods – fried breakfasts, fast food for lunch, big dinners every night, plus lots of high calorie snacks such as crisps and chocolate."

In 2008, life became unbearable and Fran knew he had to make some long term changes to his lifestyle if he wanted to progress at work and be more successful with the ladies! He joined the kinetika gym at Springfield Leisure Centre in Corsham, Wiltshire and started exercising three times a week. Fran explains: "I was apprehensive at first as I was really self-conscious about my weight, but the kinetika staff were really friendly and the first two appointments gave me so much motivation."

Fran's weight loss has been considerable. He dropped two stone in the first few months and has since lost over five and a half stone in total through sensible eating and regular exercise. He has started playing in a Sunday league football team and has already completed a half marathon. He adds; "I'm a genuine example of a success story. Being a kinetika member has turned my life around – just look what it's done for me!"

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Fran, 23, Corsham



BEFORE



AFTER

*Terms and Conditions apply – 1. Please call us now to activate this pass regardless of the facilities you wish to use. 2. If you wish to use the gym, we will need you to make an appointment for your first visit. For safety and insurance purposes guests are not allowed to use the gym before seeing a qualified instructor. 3. The 7 day membership pass allows FREE use of kinetika membership facilities for any consecutive seven day period, however this does not include the use of sunbeds. 4. You will be given a temporary membership card which must be shown at reception on each visit. 5. Guests are only allowed to use one 7 day pass in any twelve month period. 6. All guests must agree to abide by the rules of the Centre. 7. The management reserve the right to refuse admission without reason. 8. This is a limited promotion. Acceptance of the 7 day pass cannot be guaranteed.

** Facilities will vary between Centres.

Where to find your nearest kinetika gym

Once you have located your nearest Centre, give them a call to book your first appointment and don't forget to use your FREE 7 day membership pass!

Castle Place Leisure Centre

Level 5a Multi Storey Car Park

Trowbridge

01225 762711

enquiries@castleplaceleisurecentre.co.uk

Christie Miller Sports Centre

Lancaster Way Bowerhill

Melksham

01225 702826

enquiries@christiemillersportscentre.co.uk

Leighton Recreation Centre

Wellhead Lane

Westbury

01373 824448

enquiries@leightonrecreationcentre.co.uk

Lime Kiln Leisure Centre

Lime Kiln

Wootton Bassett

01793 852197

enquiries@limekilnleisurecentre.co.uk

Melksham Blue Pool

Market Place

Melksham

01225 703525

enquiries@melkshambluepool.co.uk

Springfield Leisure Centre

Beechfield Road

Corsham

01249 712846

enquiries@springfieldleisurecentre.co.uk

The Activity Zone

Bremilham Road

Malmesbury

01666 822533

enquiries@theactivityzone.co.uk

The Olympiad Leisure Centre

Sadlers Mead, Monkton Park

Chippenham

01249 443679

enquiries@olympiadleisurecentre.co.uk

Warminster Sports Centre

Woodcock Road

Warminster

01985 212946

enquiries@warminstersportscentre.co.uk



For more details of your local Centre, please go to www.kinetikagyms.co.uk